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## Dozens help keep search for woman going

Poster campaign organized for Catie Miller

PAGE 3

## WIN ONE, LOSE ONE

MOOSEHEADS OPEN PRE-SEASON WITH WIN OVER SEA DOGS, LOSS TO SCREAMING EAGLES

PAGE 20

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## DOG DAYS COME AND GO

Clarence Davie throws a ball for his dog Chance during the Paws on the Common event on Sunday. The annual festival for dogs ran this past Saturday and Sunday and drew dozens of folks and their four-legged friends. JEFF HARPER/METRO

# Halifax to rally around Ferguson

**Tuesday.** Speeches and a march to raise awareness about racism in U.S. and Canada



HALEY  
RYAN

[haley.ryan@metronews.ca](mailto:haley.ryan@metronews.ca)

Bringing the racial issues from Ferguson, Mo., home to Halifax can help break people out of their "bubble," said Dalhousie University student Ntombi Nkiwane.

Nkiwane, 19, and Halifax's poet laureate El Jones are organizing a rally in solidarity with those in Ferguson.

Clashes with police are continuing in the St. Louis suburb, more than a week after black teen Michael Brown was shot by a white police officer, igniting racial tension in the area.

"So many people are racially profiled," Nkiwane, who is originally from South



A photo of Michael Brown is held.  
THE ASSOCIATED PRESS

Africa, said on Sunday.

"It definitely comes back home to Halifax and that's the point.... We're not just looking at America, we're looking at Canada and the rest of the world."

At 4:30 p.m. Tuesday, Nkiwane said people are gathering in Victoria Park to hear a few speeches before marching downtown to the U.S. Consulate for more poetry and discussion about racism inherent in policing and other aspects of society.

Nkiwane said though many people block out racism when they see or experience it, they need to be aware of the conditions

they're living in.

"Not live in a bubble. They need to be aware ... in order to be able to strategically plan and to be able to protect themselves."

A long-term goal is to plan for the future and how to improve Halifax, Nkiwane said, which could range from small groups of people educating others to creating an app like Cop Watch from Toronto, which helps users record police interactions.

Although people have the right to be emotional in situations like Ferguson, Nkiwane said violent protests never solve anything.

"(They) are knee-jerk reactions," Nkiwane said. "That's not going to solve systemic injustice. I think people need to first of all be educated, then they need to get together and organize and ... plan, and carry out being self-sufficient in order to stop this from happening."

MORE COVERAGE IN NEWS, PAGE 6

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Aug. 15 edition

## Correction

In a Canadian Press story that appeared in Friday's Metro Halifax, it was incorrectly reported — due to an editing error by Metro Halifax — that a P.E.I. businessman was sentenced to sexually assaulting a four-year-old Dartmouth girl.

She was in fact 14. Metro sincerely regrets the error.

Reservation Road

## Police investigate fatal bike accident

Police in Nova Scotia are investigating a fatal accident involving a man riding a bicycle.

Just before midnight on Saturday, Inverness County RCMP say a 34-year-old man from Waycobah First Nations was riding on Reservation Road when it's believed he lost control of his bicycle and hit the pavement.

He wasn't wearing a helmet at the time, a police release states. The man died of his injuries. **METRO**

West Amherst

## Woman in critical condition after vehicle crashes

A female driver is in critical condition following a single-vehicle crash on Southampton Road Sunday morning in West Amherst.

The driver is currently at the Queen Elizabeth II Health Sciences Centre in Halifax. Cumberland District RCMP, along with Emergency Health Services and the Amherst Fire Department, responded to the crash at 8 a.m.

**CUMBERLAND COUNTY NEWS**



John Miller, left, father of missing woman Catherine (Catie) Miller, organizes poster campaign volunteers at the Dartmouth North Community Centre on Sunday.  
JEFF HARPER/METRO

# Searching for Catie 'one day at a time'

**Missing since July 15.** Dozens pitch in to make sure areas near missing woman's apartment are 'very well-covered'



**HALEY RYAN**  
haley.ryan@metronews.ca

Dozens of people walked the streets of north Dartmouth Sunday afternoon with posters of Catie Miller under their arms to make sure the missing woman's neighbourhood was "well-covered," her father said.

Catie's father, John Miller, marked different areas around Highfield Park Drive and the

Albro Lake Road with a high-lighter on maps for volunteers to cover between 1 and 3 p.m. Sunday from the Dartmouth North Community Centre.

"It's been an incredible experience to have so many people volunteer their time and to help keep this alive," he said, pausing for a moment.

"Just keep us going one day at a time because it's kind of tough."

Catherine (Catie) Miller, 29, has been missing for over a month. She was last heard from on July 15 when she texted from her Dartmouth apartment and called a cab. Police say they do not suspect foul play.

John Miller said while the poster campaign has done

well so far, and the Facebook group set up to bring awareness to Catie's case keeps track of where posters are, it's especially important to make sure bus stops, apartment lobbies and telephone polls near her apartment are "very well-covered."

Signs have been put up from British Columbia to Newfoundland, Miller said, and they are hoping to cover the country because he said Catie could be anywhere.

Jessica Pratt and Sarah Tryon went to Charles P. Allen High School with Catie, and said they wanted to help out with poster campaign for her family.

"It's just anything to help. I can't even imagine what this family's going through,"

Pratt said.

Tryon said the more people who see Catie's picture, "the better."

When Catie first went missing, Pratt said it seemed like "just another headline" until she saw a photo and realized it was Miller.

"I was like, 'Whoa.' It kind of hit close to home even though I didn't know her lately," she said.

**Next move**

John Miller said there are no firm plans for poster campaign in other neighbourhoods now, but they will be planning their next move this week.

1 NEWS

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## Dartmouth. Man, 19, charged after beating of woman outside of bar

Halifax Regional Police have charged a 19-year-old man with aggravated assault after a woman was attacked outside of a Dartmouth bar early Friday morning.

At about 3 a.m., a Halifax police officer in the 100 block of Main Street saw a woman lying on the sidewalk, being helped by a bystander.

After leaving a bar with a man and woman, the victim was allegedly attacked by the man, who then fled with the third person.

The woman, 19, suffered serious but non-life-threat-

### In custody

The accused was kept in custody over the weekend and will appear in Dartmouth provincial court on Monday.

ening injuries to her face.

On Saturday at 12:10 a.m., police arrested a 19-year-old man at his home and charged him with aggravated assault, assault causing bodily harm, and breaching conditions.

METRO

## Francois Brodeur. Missing motorcyclist found in New Brunswick

The search for a missing motorcyclist from Quebec in a remote area of Cape Breton ended Friday after the RCMP say the man was confirmed as being in New Brunswick earlier in the day.

RCMP spokesman Sgt. Alain LaBlanc says they have determined that 55-year-old Francois Brodeur was in the Ormocto area.

A helicopter had joined ground search crews and police in looking for Brodeur, who was reported to have

last been seen Thursday travelling in an area from North Mountain and Big Intervale to Cape North.

Brodeur was travelling south to Ingonish from Pleasant Bay with another rider, who was travelling on a motorcycle ahead of him.

LeBlanc says Brodeur's travelling companion had been on a winding stretch of road for several minutes when she realized he was no longer following her.

THE CANADIAN PRESS

### Nova Star

### More passengers riding Yarmouth ferry to Maine

Nova Star Cruises says the number of passengers riding the Nova Scotia-to-Maine ferry increased in July and is nearing its target numbers.

Nova Star says the number of passengers riding the ferry from Yarmouth to Portland doubled last month to just over 13,000 passengers, about 421 passengers on average per day.

It says about 6,800 passengers boarded the vessel in June. The company says its goal is to have between 500 and 700 passengers per day on average during its peak season.

THE CANADIAN PRESS

### Standoff

### Man charged with attempted murder

A 46-year-old Cape Breton man charged with attempted murder in connection with a shooting incident this week made a brief court appearance Friday and was remanded until Aug. 29.

John William MacNeil was charged after a shooting incident Thursday during which a 24-year-old neighbour of MacNeil's was shot in leg.

Cape Breton Regional Police were alerted to the shooting after the victim was admitted to the Cape Breton Regional Hospital with a gunshot wound.

CAPE BRETON POST



## Police look into fire that damaged duplex under construction

No one was injured after a three-storey duplex under construction in Halifax caught fire on Saturday night. Police say the blaze at 11 Armshore Dr. was reported at 9:50 p.m., and when officers and firefighters arrived, the side of the duplex was in flames. The cause of the blaze is under investigation.

JEFF HARPER/METRO

# Key deadline nears in class-action case

## Child abuse at former orphanage. Home for Colored Children lawsuit worth close to \$30 million

Fifteen years after going public with his story of child abuse, Tony Smith says he can't believe the day has come when a multi-million-dollar settlement involving a Dartmouth orphanage stands on the verge of being finalized.

The deadline for opting out of the \$29-million class-action settlement is Monday, a day the self-described survivor of the Nova Scotia Home for Colored Children says is a dream come true.

"It's like a burden had been lifted off of my back," Smith said in an interview. "I never thought it would happen."

Former residents of the home allege they suffered physical, psychological and sexual abuse mostly at the hands of caregivers while living in the orphanage, which opened in 1921 and operated

for nearly 70 years.

If five or more former residents withdraw from the settlement by Monday, the terms of the agreement would allow the provincial government, at its discretion, to pull out of the deal.

As of Friday, the law firm representing the claimants and the province said they had received no submissions opting out of the deal. It could be days before it's known whether anyone opted out.

Lawyer Ray Wagner, who oversaw the class-action case, said Smith played a central role in pushing for a resolution.

"I actually think Tony (Smith) was key," said Wagner. "He speaks from the heart and I think that makes a big difference."

Wagner described the case as transformative, both for a province coming to terms with a history of systemic racism and for the dozens of former orphans struggling to find closure.

"When you unleash people away from the shackles of the impact and the despair caused by historical abuse it's amaz-



The Nova Scotia Home for Colored Children is seen in Dartmouth last year.

ANDREW VAUGHAN/THE CANADIAN PRESS

ing how quickly they can grow into mature and articulate and understanding individuals and be able to move on to a better place," he said.

"The part that Tony has played in bringing that about cannot be understated."

Smith arrived at the or-

phanage as a five-year-old in 1965. He says he suffered physical and sexual abuse during his 3-1/2 years in the home, an experience echoed by dozens of former residents who have since come forward with their own stories.

THE CANADIAN PRESS

Cape Breton

## Nurse makes more than health authority CEO

A Cape Breton nurse was paid more money last year than the head of the district health authority.

Figures for the fiscal year that ended on March 31, 2014 show that registered nurse Catherine Bedard made \$257,519, while Cape Breton District Health Authority (CBDHA) CEO Dianne Calvert-Simms earned \$227,066 for the same time period.

According to the CBDHA's statement of compensation, released in compliance with the Public Sector Compensation Disclosure Act, a total of 75 registered nurses made six-figure salaries, up from the 47 nurses who earned more than \$100,000 in 2012-13.

Janet Hazelton, president of the Nova Scotia Nurses Union, said the numbers reflect substantial overtime — which, in turn, highlights the shortage of nurses in the health district.

CAPE BRETON POST

# Cashing in for good of others

## Paying it forward.

Scavenger hunt winners get cold hard cash — as long as they use some for charity

BRAEDON CLARK

halifax@metronews.ca

"I can see Georges Island".

At first, that's all Jaime Harvey and Shirl Churchill had to work with.

Fifteen minutes later, they were given another clue: "I am on the boardwalk, but my purpose is the opposite."

That was all the help they needed; in less than an hour, Harvey and Churchill had found what they were looking for under a bench, becoming the first winners of the Hunt for Cash, a scavenger hunt for money with charity as the goal.

"We are aware of a couple of homeless people downtown, so we might use the money to buy someone a meal or some clothing," Church-

## Cha-ching

# \$300

The total amount of money up for grabs in the scavenger hunt.

ill said on Saturday morning atop Citadel Hill, the end point for the scavenger hunt.

Also there were Dylan Smibert and Blaine Mackie, the Saint Mary's University students who came up with the idea — a scavenger hunt centred in downtown Halifax that would reward participants with a total of \$300 spread over eight different clues.

The catch? They would have to agree to use at least part of their winnings for a random act of kindness.

"Altruism can change lives and help bring the community together," Smibert said in explaining his inspiration for the idea.

"It's a lot of fun and we hope to engage people in altruistic acts," Mackie added.

The hunt featured eight



Jaime Harvey, Dylan Smibert and Shirl Churchill pose with prize money during the Hunt for Cash in Halifax on Saturday. BRAEDON CLARK/FOR METRO

different cards scattered downtown; five cards worth \$20, two worth \$50, and one worth \$100. Each card had five clues associated with it, for a grand total of 40 clues.

The clues were sent out at 15-minute intervals via Twitter and Facebook.

"We just walked around

the city and tried to find creative clues, things that were a bit out of the way," Smibert said.

Smibert and Mackie said their next goal is to have a Hunt for Cash on a monthly basis, with expansion to other cities (and even countries) also an aspiration.

On a sunny Saturday morning, though, their goal was more basic: delivering the next clue to eager hunters.

"I was built in 1849," Mackie read out.

Just like that, Harvey and Churchill were off; destination unknown, but with charity on their minds.

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# U.S. orders federal autopsy of Missouri teen shot by police

## 'Extraordinary circumstances.'

Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager, whose fatal shooting by a white police officer has spurred a week of rancorous and sometimes violent protest in suburban St. Louis.

The "extraordinary circumstances" surrounding the case of 18-year-old Michael Brown, and a request by Brown's family members, prompted the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway



People defy a curfew on Sunday, before tear gas was fired to disperse a crowd protesting the Aug. 9 shooting of teenager Michael Brown in Ferguson, Mo.  
CHARLIE RIEDEL/THE ASSOCIATED PRESS

Patrol Capt. Ron Johnson said protesters weren't the reason for the escalated police reaction early Sunday morning after the midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street.

Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were search-

ing for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson police department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security.

THE ASSOCIATED PRESS

## Pakistan

### Politician tells protesters to stop paying taxes

A Pakistani cricketer-turned-politician, Imran Khan, called on thousands of anti-government protesters on Sunday to stop paying taxes and practise civil disobedience until Prime Minister Nawaz Sharif steps down, raising fears of instability in the nuclear-armed U.S. ally. Khan accuses Sharif of fraud in the May 2013 election.

THE ASSOCIATED PRESS

## United Kingdom

### Scotland divided on independence, opinion polls show

One month before a referendum, two opinion polls show that Scotland's voters are narrowly divided on whether to leave the United Kingdom.

Sunday's published polls both found that a majority of decided voters want Scotland to stay within the U.K. alongside England, Wales and Northern Ireland.

THE ASSOCIATED PRESS

## Orlando, Fla.

### SeaWorld pledges to make changes

After more than a year of public criticism of its treatment of killer whales, SeaWorld said Friday that it will build new, larger environments at its theme parks and will fund additional research on the animals along with programs to protect ocean health and whales in the wild.

The Orlando, Fla., company said the renovations have been in the works for some time.

THE ASSOCIATED PRESS

# Fears of more infections after Ebola clinic looted

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

The residents took medical



A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia.  
ABBAS DULLEH/THE ASSOCIATED PRESS

equipment and mattresses and sheets that had bloodstains, he said. Ebola is spread through bodily fluids including blood, vomit, feces and sweat.

"All between the houses you could see people fleeing with items looted from the patients," the official said, adding that he now feared "the whole of West Point will be infected."

Some of the looted items were visibly stained with blood,

vomit and excrement, said Richard Kieh, who lives in the area. The incident creates a new challenge for Liberian health officials who were already struggling to contain the outbreak.

Liberian police restored order to the West Point neighbourhood Sunday. Sitting on land between the Montserrado River and the Atlantic Ocean, West Point is home to at least 50,000 people, according to a 2012 survey.

Distrust of government runs high in West Point, with rumours regularly circulating that the government plans to clear the slum out entirely.

Though there had been talk of putting West Point under quarantine should Ebola break out there, Nyenswah said no such step has been taken. "West Point is not yet quarantined as is being reported," he said.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization.

THE ASSOCIATED PRESS

# Ukraine. Troops enter rebel-held territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could prove a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes in the Velika Vergunka neighbourhood.

Weeks of fighting have taken their toll on Luhansk, which city authorities say has reached the verge of a humanitarian catastrophe. The siege has brought ground delivery of basic provisions to a halt and cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. The Red Cross, which would have responsibility for distributing the aid, said the main holdup was a lack of security guarantees from all sides.

A large X-ray machine was brought to the Russian crossing point, and Paul Picard, the head of a border-monitoring mission from the Organization for Security and Co-operation, said it would be used to inspect cargo.

Fighting is also affecting the city of Donetsk. Ten civilians were killed and eight wounded in 24 hours, city authorities re-

## Aid convoy

Part of the aid convoy headed to the frontier crossing on Sunday, but then stopped.

- The convoy of nearly 270 vehicles has been marooned for days in a town near the border amid objections from Ukraine, which initially complained that the mission was not authorized by the International Committee for the Red Cross.

ported Sunday.  
THE ASSOCIATED PRESS

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# Questions remain about polygamy law

**Bountiful, B.C.** Expert sees case against two men renewing debate over ban on multiple marriages

Legal experts say a criminal case involving a polygamous sect in B.C. will probably reignite a debate over whether

the ban on multiple marriages violates the right to religious freedom.

Winston Blackmore and James Oler were each charged last week with practising polygamy in a religious commune in southeastern B.C. known as Bountiful. Blackmore is accused of 24 marriages, while Oler is accused of four.

In 2011, a B.C. Supreme Court judge ruled the ban on

multiple marriages did not violate the charter after hearing a constitutional reference case, but legal experts say that decision probably will not prevent another challenge.

Nicholas Bala, a law professor at Queen's University, says he expects the criminal case to be appealed to the Supreme Court of Canada, whatever the outcome.

Beverly Baines, another

Queen's University law professor, says a legal challenge could succeed without arguing about religious freedom. Baines, who believes the law should be struck down, says the defence could claim there is no proof polygamy is always harmful to women and children.

None of the allegations against Oler and Blackmore have been proven in court.

THE CANADIAN PRESS



Winston Blackmore seen outside his community hall in Bountiful, B.C., in this Nov. 23, 2011 file photo. JONATHAN HAYWARD/THE CANADIAN PRESS



## N.B. protest raised fears of wider movement: Docs

Protesters demonstrating against shale gas exploration face police officers in Rexton, N.B., in this October 2013 file photo. Documents obtained under access to information legislation indicate federal officials closely tracked the fallout of an RCMP raid on a First Nations protest against shale-gas exploration in New Brunswick, at one point raising concerns it could spawn another countrywide movement like Idle No More. The raid to end the blockade of a compound where energy company SWN Resources stored exploration equipment led to violent clashes between officers and protesters. By the end of the day, six police cars had been torched and 40 people arrested. THE CANADIAN PRESS

### First World War weapon

## Troops in trenches sneered at Canada's Ross rifle

Canadian soldiers in battle at the start of the First World War a century ago were prone to discard their Canadian-built Ross rifles and pluck a Lee-Enfield weapon from the hands of dead British allies.

The Ross was a highly accurate weapon later prized by snipers and sportsmen. But in the cramped confines of the trenches, the longer barrel was a problem, its weight unwelcome by overburdened infantrymen. And when fired with its bayonet attached, it tended to



Canadian-made WWI-era Ross rifles owned by collector Bob McCormick are shown at his home in Haldimand, Ont.

AARON LYNETT/THE CANADIAN PRESS

shed the bayonet. Troops sneered at the rifle as "the Canadian club."

In 1915, more than 3,000 men discarded the Ross in favour of the Lee-Enfield, despite threats of punishment. The following year, the British military overrode objections and Canadians adopted the Lee-Enfield.

THE CANADIAN PRESS

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# Syrian government warplanes strike Islamic State stronghold

**Raqqa.** Air raid includes at least 25 strikes, killing at least 11 in northeastern Syria, says human rights group

Syrian government warplanes pounded an Islamic State group stronghold as well as other towns controlled by the extremists, conducting a wave of airstrikes Sunday that killed at least 11 people, activists said.

For more than a year, President Bashar Assad's air force rarely targeted territory controlled by the Islamic State group in northern Syria, instead focusing on mainstream rebel groups. But government jets have begun hitting the extremists more regularly since the jihadis overran much of neighbouring northern and western Iraq in June.



Buildings damaged during battles between Syrian troops and rebels stand along an empty street in Mleiha, some 10 kilometres southeast of downtown Damascus, Syria. THE ASSOCIATED PRESS

Even in that context, the intensity of Sunday's air raids appeared unusually high, with

at least 25 strikes hitting the group's stronghold of Raqqa in northeastern Syria, the Britain-

based Syrian Observatory for Human Rights said.

Observatory director Rami

Abdurrahman said 14 of those raids targeted a military court and other buildings used by the group.

Abdurrahman said at least 31 Islamic State members were killed in Raqqa, and around 40 wounded. He said there were an additional 22 civilian casualties, but he didn't have an exact breakdown of the dead and wounded.

The Local Coordination Committees, an activist collective, also reported the airstrikes on Raqqa, but put the death toll early in the day at 11.

Differences in casualty figures are common in the immediate aftermath of attacks in Syria.

Both activist groups also reported government airstrikes on Islamic State-controlled areas in Deir el-Zour province bordering Iraq and Aleppo province bordering Turkey, including the towns of Akhtarin and Dabiq.

THE ASSOCIATED PRESS

## Investigation

### 35 hidden in cargo container were Afghan Sikhs, say London police

Police investigating the death of a migrant inside a ship's cargo container say the victim and 34 survivors are Afghans from the country's tiny Sikh community.

Essex Police Superintendent Trevor Roe said Sunday it took a day to determine the stowaways' nationality because of language difficulties and lack of documentation. Police initially thought they were Indian.

Dock workers at Tilbury, a port east of London, found the 34 survivors screaming and pounding the walls inside the container Saturday. Paramedics declared one man dead and treated others for hypothermia and dehydration.

Essex Police say the migrants included 13 children, and ranged in age from 1 to 72.

Belgian police say they are tracing movements of the truck that delivered the container, with the Afghans presumably inside, to a Belgian port Friday.

THE ASSOCIATED PRESS

## Islamic State extremists

### Kurdish forces retake parts of Mosul Dam, Iraqi official says

Kurdish forces took over parts of Iraq's largest dam on Sunday less than two weeks after it was captured by the Islamic State extremist group, Kurdish security officials said, as U.S. and Iraqi planes aided their advance by bombing militant targets near the facility.

The U.S. began targeting Islamic State fighters with airstrikes a little over a week ago, allowing Kurdish forces to fend off an advance on their regional capital Irbil.

The Kurdish forces launched the operation early Sunday to retake the Mosul Dam, Gen. Tawfik Desty, a Kurdish commander, said. He said his forces now control the eastern part of the dam and that fighting is still underway. The dam supplies electricity and water for irrigation to a large part of the country.

THE ASSOCIATED PRESS

## Gaza. As ceasefire winds down to deadline, divisions emerge among Palestinians

Palestinians appeared divided Sunday as the clock was winding down on the latest Gaza ceasefire, with officials saying Hamas was still opposed to a compromise Egyptian proposal that would ease the closure of the territory, while other factions, including delegates representing President Mahmoud Abbas, were inclined to accept.

Hamas officials said they were holding out in hopes of getting more concessions in the Egyptian-mediated talks. With a temporary truce set to expire late Monday, a range of outcomes remained possible, including a return to fighting that has brought great devastation to Gaza, an unofficial understanding that falls short of a formal negotiated deal or yet another extension in negotiations.

The negotiations are aimed at ending the latest war between Israel and Hamas-led militants in Gaza.

Nearly 2,000 Palestinians have been killed — mostly civilians — and more than 10,000 people have been wounded since the war began July 8, according to United Nations figures.

## Demands

Hamas is demanding an end to an Israeli-Egyptian blockade on Gaza tightened when it seized power in 2007. The blockade, which Israel says is needed to prevent arms smuggling, has ground Gaza's economy to a standstill by restricting imports, limiting the movement of people in and out of the territory and blocking virtually all exports.

- Israel, meanwhile, wants Gaza to be demilitarized, essentially forcing Hamas to give up its large arsenal of rockets and other weapons. Hamas rejects this demand out of hand.

In Israel, 67 people have been killed, all but three of them soldiers.

The indirect talks have been going on, through Egyptian mediators, since early last week.

The current five-day ceasefire is due to end Monday night at midnight (2100 GMT).

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# Cross-Canada trek ends in Victoria for plucky robot

**hitchBOT.** Two Ontario professors designed the cross-country-travelling, wedding-crashing bot to see if it could trust humans

A plucky hitchhiking robot from Ontario has finished its cross-country tour, arriving in Victoria three weeks after it left Halifax.

On Saturday hitchBOT tweeted: "I'm on a boat. Well, a ferry to be exact. Victoria, I'm on my way."

According to the robot's Twitter feed, it will meet with B.C. First Nations followed by a quick trip to Seattle before attending a welcome ceremony at the Open Space Art Gallery



David Smith poses with his latest project, hitchBOT. JEFF HARPER/METRO FILE

on Aug. 21 in Victoria.

hitchBOT, who was created by Ontario communications professors Dr. David Smith and Dr. Frauke Zeller, was designed as both a collaborative art project and a social robotics experiment.

According to its creators, hitchBOT, which is about the

size of a child, was built to determine whether robots can trust humans.

Dressed in household items to appear non-threatening, hitchBOT has been taken on friendly adventures by drivers — even crashing a wedding — and exceeds 33,000 Twitter followers. NICK WELLS/FOR METRO



## Enjoying every last gram of his freedom

Marijuana activist Marc Emery smokes from a bong featuring the word "Freedom" during his return party on Sunday in downtown Vancouver. Hundreds gathered to welcome Emery, Canada's self-styled "Prince of Pot," home after he spent more than four years serving a prison sentence in the U.S. BEN NELMS/THE CANADIAN PRESS

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# Ugandan LGBTs live in fear despite overturned anti-homosexuality law

**LGBT rights.** Even with the Anti-Homosexuality Act overturned, LGBT Ugandans still face persecution

When a Ugandan court overturned the country's Anti-Homosexuality Act this month, rights activists worldwide claimed a victory. That didn't include gay Ugandans, who fled persecution to live in a refugee camp in neighbouring Kenya.

"The reaction shocked me. I went there. I thought it would be a celebration, but ... nothing," said Brizan Ogollan, founder of an aid organization that works in Kenya's Kakuma refugee camp. "They knew at an international level and at the diplomatic level, the decision is going to have impact, but at the local level, it won't, really. You can overrule the

law, but you can't overrule the mind."

Of the 155,000 refugees at Kakuma camp, 35 are registered with the UN as lesbian, gay, bisexual and transgender (LGBT) Ugandans who fled because of the country's Anti-Homosexuality Act, which became law in February.

The now-overturned law called for life jail sentences for those convicted of gay sex and criminalized vague offences like "attempted homosexuality" and "promoting homosexuality" in a country where being gay has long been illegal.

Since the law was first proposed in 2009, public opinion in Uganda has grown increasingly anti-gay, said Geoffrey Ogwaro, a co-ordinator for the Civil Society Coalition for Human Rights and Constitutional Law, which is based in Uganda's capital, Kampala.

Many gay Ugandans have lived in constant fear of arrest. Some were imprisoned. Land-

lords evicted tenants. One man tried to run over his gay son with a car, Ogwaro said.

"Unfortunately, the law's nullification has actually polarized society more," he said.

Members of parliament started petitions to resurrect the legislation, although President Yoweri Museveni reportedly requested parliamentarians to reconsider.

Three years ago, when a 26-year-old gay Ugandan man was caught with another man, his stepfather threatened to report him to authorities and he fled to Nairobi.

"I thought, 'No one loves you in your family,'" said the man, who insisted on anonymity out of fear for his safety.

Neela Ghoshal of the Kenyan police said there are few places for them to live freely and safely. "They're basically set up for a lot of bad options in life," he said.

THE ASSOCIATED PRESS



Kenyan gays, lesbians and others supporting their cause wear masks to preserve their anonymity as they stage a rare protest against Uganda's increasingly tough stance against homosexuality in February. The protest was staged in solidarity with their counterparts outside the Uganda High Commission in Nairobi, Kenya. BEN CURTIS/THE ASSOCIATED PRESS FILE

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## Dubai denial. Horned German man with 100 piercings denied entry

A heavily tattooed German man whose face is embellished with horn implants and more than 100 piercings said Sunday he was refused entry to Dubai without reason, forcing him to skip a planned appearance at a nightclub.

His look may have been a step too far for the Gulf's most liberal city, where a carefully cultivated reputation for tolerance and cutting-edge cosmopolitanism occasionally clashes with the region's conservative Islamic values.

Rolf Buchholz, 55, was travelling to the Middle Eastern commercial hub for the first time last week to appear at a circus-themed venue that woos partygoers with over-the-top attractions such as sword swallows and burlesque dancers.

He said immigration agents initially stamped his passport and let him through, but that he was stopped again before he was able to exit customs. He soon found himself in a room with other deportees.

The club said in an emailed statement that air-



Rolf Buchholz  
MARKUS SCHREIBER/THE ASSOCIATED PRESS

port authorities cited security reasons in denying him entry. Buchholz said airport workers told him officials were concerned he could be a practitioner of black magic, though authorities did not say so directly.

"I never got an official answer," he said. "They are friendly but nobody answers your questions."

Airport and immigration officials referred questions to the police, who could not be reached for comment.

Buchholz later tweeted that he would never return to Dubai after being ordered to leave, but later said he would if the government assured him he would be allowed in.

THE ASSOCIATED PRESS

### Brazilian election

#### Presidential hopeful laid to rest

Thousands in Brazil gathered Sunday to say goodbye to a presidential candidate who was killed in a plane crash less than two months before elections.

People lined up for hours to approach the casket of Eduardo Campos at the governor's palace in the northeastern city of Recife, his hometown. Some at the Sunday funeral sobbed and held flags of the Brazilian Socialist Party, mourning the loss of the candidate who also served twice as governor of the state of Pernambuco.

Campos and six others were killed Wednesday when their plane crashed in a residential neighbourhood in the city of Santos.

Antonio Campos, his brother, said the country needed to be united after his death.

"I would repeat Eduardo's words: 'Don't give up on Brazil.' Love Brazil, try what's needed to improve the country by voting, participating or do anything you can," he said.

Campos' running mate, Marina Silva, has been chosen to run in his place.

THE ASSOCIATED PRESS



# Does your pension plan work for you?



**HOW TO ROLL**  
Allison Griffiths  
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

Time to wise up! At the very least you should know what kind of pension you have. Here are the four predominant workplace plans:

## 1. Defined Benefit Plan

A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

## 2. Defined Contribution Plan

These plans combine contributions from the employee and the employer. While



**Making the right investment choices for your workplace pension early could mean caviar instead of cat food during retirement.** GETTY IMAGES

only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10, making them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.

## 3. Group RRSP

These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on

## Just the stats

**Would Canadians change jobs for a better pension?**

- 9% Very likely
- 28% Somewhat likely
- 40% Not very likely
- 23% Not at all likely

SOURCE: BMO WEALTH INSTITUTE

the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

## 4. Pooled Registered Pension Plan

Created in 2012, these are employer-sponsored but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.



## Riding a fiscal high: Whistler Blackcomb posts Q3 increases in revenue, visits

The Chateau Whistler lies in the background as Brandon Semenuk of Whistler flies through the air during the Red Bull Joyride at Crankworx in Whistler, B.C., Saturday. Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to \$10.2 million and increased its revenues, noting the recent ski season had challenging conditions. The ski resort company had a loss of 15 cents per diluted share, down from a loss of \$12.2 million, or a loss of 19 cents, in the same quarter last year. Revenue was up 16 per cent to \$34.5 million. Revenue per visit was \$87.81, up 3.1 per cent. Whistler Blackcomb Holdings says total visits in the quarter were 393,000, up 13 per cent year-over-year. The increase in visits for the three months ended June 30, 2014, was mainly due to the timing of the Easter holiday. Whistler Blackcomb is the largest four-season mountain resort in North America. JONATHAN HAYWARD/THE CANADIAN PRESS

# Autistic and an entrepreneur

A growing movement to find work for autistic people is helping some start their own businesses.

Work requiring an attention to detail and with repetitive tasks is ideal for an autistic person who wants to start a business, says Gregg Ireland, co-founder of Extraordinary Ventures, a Chapel Hill, N.C.-based organization that creates jobs for the autistic. Ireland's son Vinnie, who is autistic, has a business doing yard work and landscaping.

There are many misconceptions about the autistic. Some people believe they are violent, not intelligent and that they either don't want to work or can't work hard, says Michael Rosen, an executive vice-president with Autism

## Who it affects

# 1 in 68

One in 68 people have some form of autism, according to government figures in the U.S.

Speaks, a research and advocacy organization.

People with the mildest forms of autism are able to attend mainstream schools, including college. Many do well at jobs that focus on details. They may struggle in jobs that require them to have continual contact with co-workers or the public.

More autistic people can become business owners if they're allowed to develop interests that can be turned into a living, says Temple

Grandin, one of the best-known advocates for people with autism. Diagnosed with autism when she was four, she has a business designing systems to handle livestock. She became interested in animals while working on a farm in her teens.

Advocacy groups are looking for ways to create business opportunities for autistic people. The Southwest Autism Research and Resource Center, based in Phoenix, helps autistic people start home-based food businesses. And Autism Speaks has held town hall meetings to introduce autistic people to the idea of starting companies. The organization has offices in Los Angeles, New York and Princeton, N.J.

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# WITH ALL DUE RESPECT, MR. RUDDERHAM

One shouldn't mess — litigiously speaking — with Parker Rudderham. The Cape Breton businessman who owns Frank Magazine — a publication with its own storied courtroom history — sometimes seems as (in)famous for his legal battles as his business successes and philanthropic donations.

On Oct. 30, 2012, to cite but one recent example, his hometown newspaper, the Cape Breton Post, scored a two-for-one story that began: "A prominent Cape Breton businessman's company pleaded guilty to tax evasion Tuesday, the same day he was issued a ticket for his involvement in a fatal motor-vehicle accident."

The Canada Revenue Agency claimed Rudderham's Montreal-based Professional Pharmacy Wholesale Service had "voluntarily violated" tax laws by claiming more than \$1 million in false expenses. Rudderham pleaded guilty in court but not guilty in the court of public opinion,



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

stressing to a reporter he'd have fought the accusation if he hadn't been in the middle of selling the company.

Although Rudderham was tight-lipped that day about the motorcycle accident — he had been fined \$399.91 under the Motor Vehicle Act for failing to drive in a "careful and prudent manner" — he later announced he'd fight the charge. The widow of the motorcyclist then filed suit against him.

And so it goes. Without pretending to be exhaustive, some cases from Rudderham's docket: In 2003, he was sued by his ex-employer for allegedly violating his employment contract. In 2007, according to the King's Journalism Review, he sued "an ex-wife's family member for defamation." In 2011, he threatened to sue the Halifax Herald over its coverage of firings at Frank. In 2013, Frank reported Rudderham

sued his second cousin over a \$27,000 debt.

All of which, by way of saying, it is with some trepidation one questions Parker Rudderham.

## Litigation

In 2007, according to the King's Journalism Review, he sued "an ex-wife's family member for defamation." In 2011, he threatened to sue the Halifax Herald over its coverage of firings at Frank. In 2013, Frank reported Rudderham sued his second cousin over a \$27,000 debt.

Still, I was intrigued by his latest legal to-and-fro. Rudderham is suing a Cape Breton woman and son for alleged "cyberbullying" tweets about him. The defendants dispute that and counter the province's Cyber Safety Act violates Canada's Charter of Rights and Freedoms.

It's not the first time a prominent, well-connected individual has invoked our new cyberbullying law against real or perceived critics. Is that really who the law was intended to protect? Will the law — and its good intentions — survive a charter challenge?

No offence intended, Mr. Rudderham.

## Whatever floats is your boat



Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy's entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

## Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend's annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled

watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson's Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. **FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM**

## That's way too much pop



The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

## METRO AUGMENTED REALITY

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## MetroTube

### Case of the Mondays? Seal pup on Sea-Doo may or may not help



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Listen: it's Monday, and odds are good that you're not where you'd prefer to be right now. But that's no reason to start the week on a negative note. Here's video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now and, if that's the case, we apologize for bringing that up. But, come on, look at how cute that damned thing is. (Michael Borthwick/YouTube)



THE ASSOCIATED PRESS FILE



Ebooks



## Riddle of the Black Cat

By. J.W. Rinzler

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### MIND THE APP

Kris Abel  
@RealKrisAbel  
scene@metronews.ca

Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

## Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's *The Expendables 3* was easily out-gunned in its debut. The turtles took in \$28.4 million in its second weekend. That surpassed the fourth place \$16.2 million earned by *The Expendables 3*. *The Guardians of the Galaxy* came in second with \$24.7 million. *Let's Be Cops* took third spot. **THE ASSOCIATED PRESS**

# Bringing Diana Gabaldon's Outlander world to life

## Long time coming.

Writer always worried about her work getting screen treatment, until she met the producer of *Battlestar Galactica*



### RICHARD CROUSE

scene@metronews.ca

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part *Outlander* series.

The former academic-turned-best-selling-author writes thick books that *Entertainment Weekly* describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first *Outlander* book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached. The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"*Outlander* is a very big story," she says. "The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-



Caitriona Balfe and Sam Heughan star in the TV adaptation of *Outlander*, premiering Aug. 24 on Showcase. CONTRIBUTED

hour movie cannot be made and reflect the integrity of the work."

Enter *Battlestar Galactica* producer Ronald D. Moore who says he "read the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire be-

cause she was intelligent and strong; very capable and interesting."

He saw *Outlander* not as a movie, but a television series.

"There were surprises along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television

## AUGMENTED REALITY

→ Want to watch a trailer for the upcoming television series *Outlander*? Scan this photo with your Metro News app.



→ See the full instructions on Metro's Voices page.

series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore. "You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better. That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

# 2 SCENE

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Beyoncé and Jay-Z. ALL PHOTOS: GETTY IMAGES

## The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a.) Would compensate me for my

services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."

## Andrew Keegan: From teen star to California cult leader?

Actor Andrew Keegan — remember 10 Things I Hate About You? — has a new gig as the leader of a spiritual movement called Full Circle that's totally not a cult. Vice sent a reporter to check out the new religion, based in Venice Beach, Calif. Apparently, Keegan started the religion after he was attacked by gang members in 2011. "The significance of this occurrence is that it happened at the same time the tsunami hit Japan," Keegan says. As for

whether this makes Keegan a cult leader? Vice's reporter writes, "(A church member that goes by) Third Eye explained that he was part of the 'inner circle,' composed of eight core members, all of whom are led by the founder Andrew Keegan. All the members are 'enlightened' and have come together to initiate change. While they are co-operative, Keegan is the official leader who has, as Third Eye put it, the 'ultimate say on all things.'"

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## J-Law looks across the pond and finds Chris Martin



NED  
EHRBAR  
Metro in Hollywood

This was certainly ... unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and

Michelle Rodriguez thing — is that still a thing? — it's official: The gossip gods must be crazy. It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other.

J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Dinklage? You know, the guy who plays Chewbacca? I hear he's a very generous lover.



Demi Lovato

## Demi dishes on why she's no longer a follower of BFF Gomez

If you're still desperate for some details on why Demi Lovato went and unfollowed former BFF Selena Gomez on Twitter, Bravo's Andy Cohen is looking out for you. During a recent Watch What Happens Live interview, Cohen grilled Lovato on the unfol-

low heard round the world, and though Lovato tried to avoid addressing the topic at all, she finally conceded, "I think it's just one of those things where people changed and people grow apart." You hear that, Gomez? You've changed. Ball's in your court.

## Casey Kasem's widow to bury him in Norway

Casey Kasem will finally be laid to rest ... in Norway. The famous DJ's widow, Jean Kasem, is reportedly having his remains transported to Oslo for burial, even though he had no Norwegian heritage, according to the Hollywood Reporter. Reps for Casey's children claim it is all part of Jean's attempts to make it more difficult to confirm allegations that she abused her husband in the years leading up to his death. "We don't know what her plans are," a spokesman for daughter Kerri Kasem says.



Casey Kasem

"We just know that she wants to keep Casey away from family and friends, and by the looks of it, hide from law enforcement."

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# Can't find cash for your RRSP? You need to look a bit harder

**Fast fixes.** Nine tips on how to reduce spending and boost your long-term savings



**GAIL VAZ-OXLADE**  
Gail blogs daily at  
gailvazoxlade.com

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Perhaps you're just not looking in the right place.

**1. Cook at home.** It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook.

**2. Make your own coffee.** The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping \$1,500 a year. Brew your coffee at home for the drive in and switch to tea



Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

later in the day. Tea is easier to make at work.

**3. Get a better phone plan.** If you're using your cellphone all the time, and paying a whopping bill, you're a dope. You don't have to give up your cell, just cut your bill in half.

**4. Increase deductibles.** Would you really make a

claim on your car insurance for under \$1,000? Combine your home and auto insurance and save up to 15 per cent. Raise your insurance deductible to \$1,000 and watch your premium drop.

**5. Save money on your mortgage interest.** It's as easy as choosing to make accelerated weekly or bi-weekly payments on your mortgage.

When you do, you make the equivalent of one extra payment every year, which could save you four year's worth of interest.

**6. Grab the Canada Education Savings Grant.** When you invest in a Registered Education Savings Plan, the government gives you money to help with your child's education. If you put

\$2,500 in the plan, the feds will add \$500. That's an immediate 20-per-cent return.

**7. Contribute to an RRSP and use your refund to pay down your mortgage.** If you're in the 30-per-cent tax bracket and you make a \$3,000 contribution to an RRSP, the taxman will refund you \$900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

**8. Defer, extend, eliminate and save.** Defer some of the things you spend on, like those twice-a-year trips to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library, eliminate cable and shop in the thrift stores.

**9. Practise living as if you're already retired.** The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Use the money you save to boost your tax-free savings account, RRSP or emergency fund.

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.**

## Too clean or not to clean. Antibacterial agents harmful to health

Recent studies indicate that an obsession with cleanliness could be doing more harm than good. Is it time to part with age-old conventions?

On the docket for this week's 248th National Meeting & Exposition of the American Chemical Society (ACS) was research by Arizona State University citing concerns over the prevalence of two antibacterial compounds and the potential hazards they could pose to pregnant women.

Thought to be used in more than 2,000 everyday cleaning products including conventional hand soap, the two compounds, called triclosan (TCS) and triclo-

carban (TCC), are difficult to avoid.

According to lead author Rolf Halden, PhD., a long-time opponent of TCS and TCC, the compounds contribute to the increasing problem of antibacterial resistance. Triclosan, for one, has been used in everything from toys to socks to yoga mats.

As news spreads about the potential health and environmental dangers of TCS and TCC, webpages are popping up highlighting products that are free of at least one of the compounds.

Two good resources for more information on the topic are soap.com and food-andwaterwatch.org. AFP

### Timely tips for tots

Too much cleanliness can be dangerous for babies. A study from Johns Hopkins University concluded that exposing newborns to dirt and animal dander is actually good for their immune systems. "Many of our immune responses (are) shaped in the first year of life," explains study author, Dr. Robert Wood. "Certain bacteria and allergens play an important role in stimulating and training the immune system to behave a certain way."

AFP



Cleaning too much can do more harm than good, studies suggest. ISTOCK

3  
TIPS



**Money 101.** Two couples, one year to make them richer

# Continuing to slay the debt monster



Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than \$25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. — *Lesley-Anne Scorgie*



To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

## Anne-Marie and Peter

Anne-Marie and Peter cracked \$100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost \$1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing \$3,500 by December, which is a \$12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing \$50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment

### Anne-Marie and Peter recap

- |   |   |
|---|---|
| • Location: Toronto   | savings, and are committed to paying off debt   |
| • Ages: 37 and 33   |   |
| • Occupations: Broadcasting and sports editing                        | • Rent or own: Rent   |
| • Total household income: \$110,000                                   | • Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment            |
| • Life stage: First child arrived in May                              | • Current net worth: \$103,000  |
| • Financial savvy: Medium to high — they use budgets, have retirement | • Homework from last month: Set up their daughter's RESP and change their investment holdings |

holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant

raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

### Homework:

In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

**THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.**



As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

## Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

- Monthly rent has become a mortgage payment;
- Property taxes, home insurance and condominium fees have been added; and;
- They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately \$350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third towards savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay \$200 per month. The simple act of taking control of their debt repay-

### Carolina and Jose recap

- |   |   |
|---|---|
| • Location: Calgary                                     | budget, purchased a home, are very frugal, and have no retirement savings           |
| • Ages: 33 and 32                                       |   |
| • Occupations: Stay-at-home mom and roofing             | • Rent or own: Own  |
| • Total household income: \$62,000                      | • Top goals for 2014: Pay off debt, buy a house, and visit family                   |
| • Life stage: Three daughters, aged five, three and one | • Current net worth: — \$5,600  |
| • Financial savvy: Medium — they have established a     | • Homework from last month: Create a list of home improvements and a revised budget |

ment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is \$20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons. Both business endeavours allow her to stay at home with their children.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also

negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

### Homework:

Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

**LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.**



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## Lessons from the desert

Sometimes  
you've got to  
follow in order  
to go faster

LESSONS FROM  
THE DESERT  
Stéfán Danis  
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

As part of my preparation for my next run, I took to cycling to relieve my knees. This in turn led me to a three-day bike race as part of a team of eight. On the first day, after 40

kilometres of rolling hills, we faced our first massive climb. Only the steepest section would count towards the race and only the time of the seventh rider of eight to summit would determine our team ranking.

A third of the way up, a teammate got detached and the radio announced I was in the seventh position.

Although slowly being engulfed with pressure, I needed to shift from pacing to racing to the top, and would learn a number of tactics to help me up the hill as fast as possible, without pushing me to my breaking point.

The first was for the team to slide back to me so we could ride in a tight formation, where I would stay inches from the back wheel of rider six at all times.

"Don't let that wheel go," I was told.

That way, I would not only remain shielded from the wind and expend less energy, but also stay focused on the wheel in front of me as opposed to looking up towards the overwhelm-

## Time to take off

Although slowly being engulfed with pressure, I needed to shift from pacing to racing to the top, and would learn a number of tactics to help me up the hill as fast as possible, without pushing me to my breaking point.

ing summit above us.

It worked.

In life or on the bike, when we face a mountain we haven't climbed before, while understanding the challenge of what lies ahead is critical, our climbing speed is likely to be faster if we simply shift our perspective to follow the wheel in front of us and let go of the weight that comes from thinking about the magnitude of the climb.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Put pen to paper  
or take a pause

**Should I stay or should I go now?** Two professionals reflect on the differing decisions they made after high school graduation

ETHAN  
ROTBURG  
life@metronews.ca

As soon as you throw your high school graduation cap in the air, you're left with two choices: continue your studies at a post-secondary institution, or take some time off to work or travel before deciding what comes next in your life. Metro spoke with two professionals who followed opposite roads after high school, each one leading to both strife and success along the way.

## Straight to school

Sarrah Young went directly from high school to a double-major degree program at Trent in psychology and criminology. She currently works as an office manager/executive assist-



Sarrah Young. CONTRIBUTED



Andrew James. CONTRIBUTED

## Why did you choose the path you took?

I had no idea what I wanted to do. I thought going straight into post-secondary school would help me figure it out.

## What were the challenges or advantages?

Part of my personal challenge stemmed from being so young. The jump from high school to university is huge and I was not ready for the steep learning curve. I don't think that I was mature enough to handle the pressure of looking after myself, getting to class, and maintaining my grades. It's a lot of pressure at that age.

But going straight to post-secondary forced me to grow up and to take responsibility for the decisions I made. If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better. That provided a sharp kick in the butt that I needed and shaped the work ethic I have today.

## Independence in an instant

"If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better."

Sarrah Young

## Break before books

Andrew James spent several years after high school working odd jobs before settling into the television broadcasting program at Seneca College at the age of 25. He currently works as a media specialist for a small marketing company based in Toronto.

## Why did you choose the path you took?

I grew up in a very rural area and I decided that I would rather move to the big city of Toronto. Of course moving to Toronto meant having to find a job. This, combined with the fact that I couldn't imagine myself doing any particular job for more than a couple years, meant I just didn't feel ready to take the leap into post-secondary education at that time.

## What were the challenges or advantages?

The main challenge of waiting until I was almost 25 before I started my post-secondary education was family pressure to enrol — certain members of my family came from traditional backgrounds that placed a massive value on going to college or university. Dealing with the idea that I was disappointing them was difficult. On the other hand, college was the best experience of my life to date. Most of the others in my program were closer to my age than I had expected.



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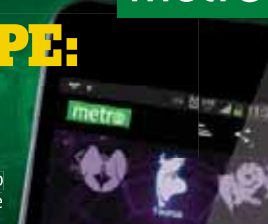
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# Dress up salmon with a pistachio-topped apricot and ginger glaze

**Salmon with Apricot Ginger Glaze.** You can bake or barbecue this healthy dish



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
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## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

Salmon is always a great entrée any time of year.

It's recommended that we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if

### Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

### Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

### Garnish

- 1/3 cup thinly sliced dried apricots



This recipe serves four. ROSE REISMAN

you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or bar-

becue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F. You will also know when the fish flakes easily with a fork and is no longer opaque. Salmon is always tastiest when

slightly undercooked rather than overcooked.

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months.

This way you always have them on hand.

### Directions

1. Spread mustard over top of salmon fillets.

2. Combine all ingredients for glaze. Brush half over

salmon and sprinkle with chopped pistachios. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.

3. Spread apricots over top of the fillets. Serve with remaining glaze.

# Maple sweetens veggie side

We're always looking for a great-tasting side dish, but who doesn't tire of plain old steamed vegetables, meal after meal?

This veggie dish looks dy-

namic and can accompany any main entrée.

If possible, purchase rainbow carrots, which are a variety of different coloured carrots.

Have fun with deep purples, dark red, white and bright yellow variations.

The addition of the maple syrup glaze is subtle and just enhances the sweetness of both vegetables.

### Directions

1. Steam or microwave the carrots at high just until they are barely tender, approximately 4 minutes. Drain and set aside.

2. Steam or microwave the

sugar snap peas just until they are barely tender, approximately 3 minutes. Drain and set aside.

3. In nonstick skillet, heat the olive oil, maple syrup and cinnamon.

4. Add the carrots, and peas cook for 1 minute. Serve sprinkled with pecans and parsley.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY ROSE REISMAN.



This recipe serves four. ROSE REISMAN

### Ingredients

- 1/2 lb carrots, sliced thinly horizontally (rainbow variety if available)
- 1/2 lb sugar snap peas
- 1 1/2 tsp olive oil

- 3 tbsp maple syrup
- 1/2 tsp cinnamon
- 2 tbsp chopped pecans, toasted
- 2 tbsp chopped fresh parsley



# Crossley gets his first goal out of the way early

**QMJHL.** Mooseheads' top draft pick scores on first shot attempt in pre-season debut

Brett Crossley's first shot wearing a Halifax Mooseheads jersey also became his first goal for the QMJHL club — and his entire family was at the Dartmouth Sportsplex on Saturday to see it happen.

The Herd's top draft pick helped his team to a 3-2 exhibition win over the Saint John Sea Dogs, redirecting a pass from returning forward Brandon Vuic to make it 1-0 at 8:05 in the opening frame.

"That's going to stay with me for a long time," the 16-year-old from Cole Harbour said, of shaking off training camp nerves and snagging his first pre-season marker.

Crossley, selected 21st overall in the 2014 QMJHL Draft, didn't produce any goals in a three-game intrasquad series last week in Cole Harbour, but has now settled in alongside his fellow Moosehead hopefuls.

"You kind of grow into it, you start to know the guys, you start to feel more comfortable," he said after Saturday's game.

Crossley also gave linemate Vuic "full credit" for assisting that first goal.

"I just was kind of in the right place at the right time," the five-foot-ten, 161-pound



**Brett Crossley**  
CONTRIBUTED



Halifax Mooseheads' prospect Makail Parker, right, pressures Pascal Corbeil of the Cape Breton Screaming Eagles during Quebec Major Junior Hockey League pre-season action Sunday at Centre 200 in Sydney. Cape Breton edged Halifax 4-3. T.J. COLELLO/CAPE BRETON POST

centreman said. "As soon as we made eye contact ... all I had to do was angle my stick."

Vuic added a goal of his own on a power play midway through the first to make it 2-0, en route to a "Gordie Howe hat trick." The six-foot-four, 213-pound winger also got five minutes for fighting in the second, after getting into it

in the corner with Saint John blue-liner Alex McQuaid.

Signed on by the Mooseheads last December, 19-year-old Vuic quickly took on the role of enforcer, but "it's not all about fightin' this year," he said Saturday.

"I'm just trying to put it in the net, trying to get those points up," Vuic said. His goal

came by making his presence known in front of the net and poking it past the goal line.

"That's like my office," he said.

Second-year forward Jacob Jacques notched Halifax's third goal at 6:58 in the middle frame.

Stefano Pezzetta got Saint John on the scoreboard in the last two minutes of the second, and added another in the third by sliding it past rookie netminder Kevin Martin.

Martin played the second half of the game, making seven saves, while fellow rookie Kevin Resop was in the crease for the first period and a half, making eight saves.

## Trimming down

### 9 players cut from training camp roster

Nine players have been released from Halifax Mooseheads training camp, the QMJHL franchise announced this week.

Forwards Matthew Belley, Tyler Copeland, Jonathan Courville, Jake Gaudet and Cedric Levesque, along with defencemen Adam Beveridge, William Gonther and Brian MacDougall were cut from camp Saturday, a news release said.

Goaltender Kevin Martin Antoine-Girouard, Que., who played in Saturday night's game against the Saint John Sea Dogs and was drafted by Halifax 110th overall in the sixth round of the 2014 QMJHL Draft, was released Sunday.

The only Nova Scotian on that list is 17-year-old blue-liner MacDougall, who played for the Cape Breton West Islanders of the Nova Scotia Major Midget Hockey League last season.

There are 37 players still in the running for Herd roster spots, including 21 forwards, 11 defencemen and five goaltenders.

Next on the Herd schedule is a pre-season game on the road Friday again against the Sea Dogs. The puck drops at 7:30 p.m. at Harbour Station in Saint John.

KRISTEN LIPSCOMBE/METRO

## Mooseheads' remaining pre-season schedule

**Friday:** Halifax @ Saint John, Harbour Station, 7:30 p.m.

Centre, Truro, 7 p.m.

**Saturday:** Saint John @ Halifax — Rath Eastlink Community

**Sept. 6:** Halifax @ Cape Breton — Centre 200, 7 p.m.

# Fortier determined to join Herd full-time



Maxime Fortier tries to get the puck past Foreurs goalie Antoine Bibeau in one of eight games he played in the Q last season. JEFF HARPER/METRO

Halifax Mooseheads' prospect Maxime Fortier is feeling much more confident at this year's training camp.

It showed Friday during the final game of a three-game intrasquad series, when the 16-year-old power forward did what he does best, putting the puck into the net twice late in the third period to ensure Red's 9-4 win over Green.

"I just went to the net and picked up the puck close to the goalie," Fortier said of his two straight goals, reminding

coaches and fans why he was brought up last season.

That included five playoff games, during which he notched three points, including an overtime winner in Game 4 of Halifax's semifinal series against the Val d'Or Foreurs.

"I thought it was my best day on the ice," the 16-year-old from Lachine, Que., said. "I want to be better every day."

Fortier was the first pick for the Halifax Mooseheads in

the 2013 QMJHL Draft, selected 34th overall in the second round. Top 2014 QMJHL draft picks Brett Crossley and Barrett Dachyshyn, along with fellow 2013 selections Jordan King and Mark Vokey, also have strong shots at cracking the forward lineup.

Head coach Dominique Ducharme said he has noticed Fortier "working hard" at camp.

"You can see he's made a step (forward) from last year."

KRISTEN LIPSCOMBE/METRO



# Gillaspie slam clips Blue Jays' wings

**MLB.** White Sox send birds spiralling down to their 11th loss in their last 15 games

Conor Gillaspie leads the Chicago White Sox with a .311 batting average, and on Sunday the third baseman led them to a win with a rare burst of power.

Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the White Sox held on to beat the Toronto Blue Jays 7-5.

Gillaspie connected for just his fifth homer and Danks hit his second off Toronto's Drew Hutchison (8-11), who lost for the fifth time in seven decisions.

"It was just through the hands with two strikes and put it in play hard," Gillaspie said. "You know sometimes



The White Sox scored six runs off of Blue Jays' starter Drew Hutchison in the first inning and held on for the win on Sunday in Chicago.  
JONATHAN DANIEL/GETTY IMAGES

you get them up in the air, sometimes you miss them.

"It was definitely a good jump-start to the game."

Toronto's Edwin Encar-

On Sunday

7

White Sox

5

Blue Jays

nacion hit a two-run homer, his 27th this season and first since returning from the disabled list on Friday. The Blue Jays have lost five of six and 11 of 15 to fall 7-1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wild-card race.

Hutchison has given up six runs or more in four of his last seven starts.

"I had two outs, and I had two strikes," Hutchison said of the Gillaspie's at-bat. "I had a good chance to get through the inning with no runs and I gave up six and put us in a big hole." **THE ASSOCIATED PRESS**



## Federer being Federer in Cincy

Roger Federer plays a backhanded shot against David Ferrer during the final of the Western & Southern Open on Sunday in Cincinnati. Federer got his unprecedented sixth title in Cincinnati, winning the match 6-3, 1-6, 6-2. Meanwhile, Serena Williams needed only 62 minutes to beat Ana Ivanovic 6-4, 6-1 for the women's title.

ANDY LYONS/GETTY IMAGES

### Women's hockey

## Jackson, Turnbull to represent Canada vs. U.S.

Two of Nova Scotia's up-and-coming women's hockey players will wear the red and white in upcoming exhibition games against their American counterparts.

Netminder Carly Jackson of Amherst will suit up for the women's national under-18 team, while forward Blayne Turnbull of Stellarton will take to the ice with the women's national development team, according to a Hockey Canada news release.

Both teams are playing against the United States in a series of three games that take place from Thursday to Sunday at the Markin MacPhail Centre at Canada Olympic Park in Calgary.

The 22 players for both rosters were chosen following selection camps earlier this month. All six games will be streamed online at [www.hockeycanada.ca](http://www.hockeycanada.ca).

KRISTEN LIPSCOMBE/METRO

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Mandy Marchak of Canada is tackled by Rachael Burford and Katy Mclean of England during the women's rugby World Cup final at Stade Jean-Bouin on Sunday in Paris, France. JORDAN MANSFIELD/GETTY IMAGES

# Tackled in the final, but heads held up high

**Best finish.** At their first appearance in a women's World Cup final, Canadians fall to England 21-9 in Paris

You could almost hear the sigh of relief from her English teammates as Emily Scarratt broke through one tackle, evaded another and touched down in the corner of Canada's end zone.

After having to fight for every inch against a resilient

Canadian team, a stellar move from England's star clinched a 21-9 win in the women's rugby World Cup final.

Scarratt scored 16 points on Sunday, including 10 straight to close the gold-medal game, as England won its second World Cup, 20 years after its first.

"We had a couple of opportunities to score tries that could have made a difference," Canada coach Francois Ratier said.

Canada's previous best finish was three consecutive fourth places from 1998 to 2006. England, meanwhile, ended 16 years of heartache after

## AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Sunday's final.



→ See the full instructions on Metro's Voices page.

finishing as runner-up to New Zealand three times in a row.  
**THE CANADIAN PRESS**

### LPGA

## Park keeps LPGA title with win at Wegmans

Inbee Park successfully defended her LPGA Championship crown, beating Brittany Lincicome with a par on the first hole of a playoff Sunday to end the United States' major streak at three, in her fifth major title and fourth in two seasons. **THE ASSOCIATED PRESS**

### Wyndham

## Villegas returns after four years

Camilo Villegas finished his final round in the Wyndham Championship and didn't have to hit another shot to win his first PGA Tour title since 2010.

When the rest of the field struggled late, Villegas wound up with his fourth PGA Tour title and first since the 2010 Honda Classic. **THE ASSOCIATED PRESS**

### NASCAR

## Gordon picks up his third win

Jeff Gordon raced to his third NASCAR Sprint Cup victory of the year, holding off Kevin Harvick on Sunday for his first win at Michigan International Speedway since 2001.

Gordon had broken the track qualifying record Friday when he took the pole at 332.423 km/h. **THE ASSOCIATED PRESS**



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

#### ♉ Taurus

**April 21 - May 21**

Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

#### ♊ Gemini

**May 22 - June 21**

Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

#### ♋ Cancer

**June 22 - July 23**

Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

#### ♌ Leo

**July 24 - Aug. 23**

Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

#### ♓ Pisces

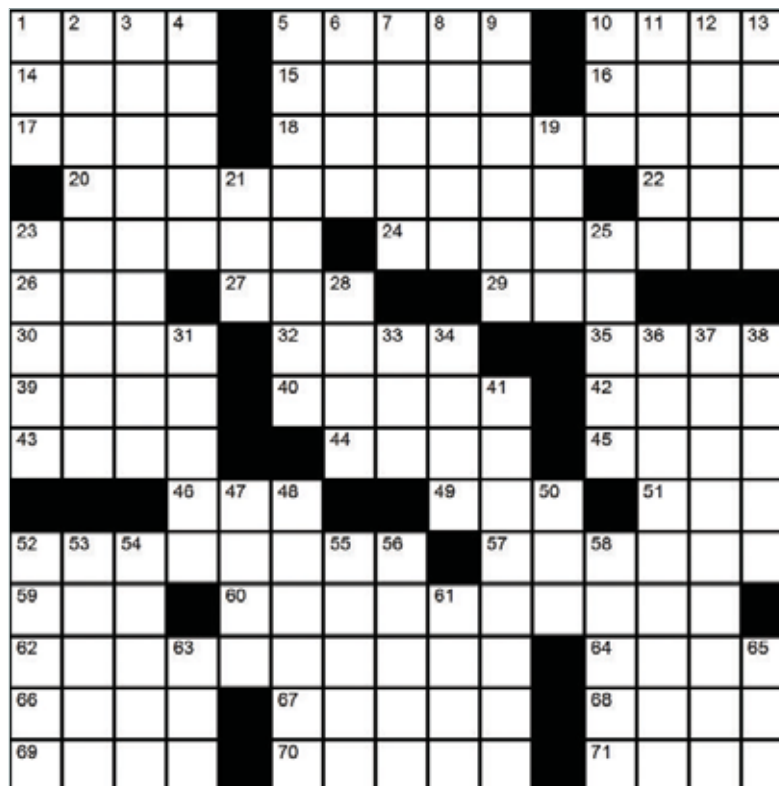
**Feb. 20 - March 20**

You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Embassy diplomats, briefly
5. Nice deed, \_\_\_ kindness
10. Feedbag fillings
14. Great Big Sea's "\_\_\_-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. \_\_\_ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at \_\_\_ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Laters' opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird (var. sp.)
44. Actress Patricia
45. Battle rounds
46. '\_\_\_' in Elмира
49. YMCA, e.g.
51. Frying \_\_\_
52. Varnishes
57. Yankees legend Lou
59. Hankering
60. Toronto: CNE =



- Canadian National \_\_\_
62. \_\_\_ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?

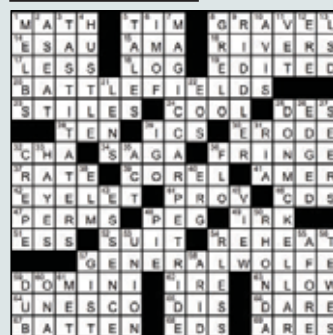
70. Cake-candle countees
71. Illusionist, archaically
- Down**
1. La Isla Bonita line: "Te dijo te \_\_\_"
2. \_\_\_ Prize for

- Fiction
3. Communication \_\_\_ by Chilliwack
4. Captain Benjamin \_\_\_ on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles

6. \_\_\_ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation

- 'Fortississimo' is shortened '\_\_\_' ...said the music instructor
12. Crook
13. Six: German
19. "It should come \_\_\_ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic \_\_\_, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's "\_\_\_ Comes Mary"
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et \_\_\_
56. Actor Henry
58. "\_\_\_ Up Style (Oops!)" by Blu Cantrell
61. Max \_\_\_ Jr. of The Beverly Hillbillies
63. 'Jacob' suffix
65. Price

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 2 | 8 | 5 | 1 | 9 | 3 | 7 |
| 3 | 9 | 1 | 6 | 7 | 4 | 8 | 2 | 5 |
| 8 | 5 | 7 | 3 | 9 | 2 | 6 | 1 | 4 |
| 1 | 8 | 5 | 4 | 3 | 6 | 7 | 9 | 2 |
| 4 | 3 | 6 | 7 | 2 | 9 | 1 | 5 | 8 |
| 7 | 2 | 9 | 1 | 8 | 5 | 3 | 4 | 6 |
| 9 | 6 | 3 | 5 | 4 | 7 | 2 | 8 | 1 |
| 5 | 7 | 8 | 2 | 1 | 3 | 4 | 6 | 9 |
| 2 | 1 | 4 | 9 | 6 | 8 | 5 | 7 | 3 |

|   |   |   |   |   |   |  |   |   |
|---|---|---|---|---|---|--|---|---|
| 6 | 8 |   |   |   |   |  | 5 | 9 |
|   | 1 |   |   | 4 |   |  | 8 |   |
|   |   | 4 | 2 | 8 | 6 |  |   |   |
| 4 |   |   | 7 | 4 |   |  |   | 7 |
|   |   |   | 5 | 3 |   |  |   |   |
|   |   | 1 | 3 | 5 | 2 |  |   |   |
|   | 2 |   |   | 7 |   |  | 3 |   |
| 5 | 9 |   |   |   |   |  | 7 | 6 |

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